

Dutchess County Office for the Aging's

AGING NEWS

For the week of January 26th

About this weekend's expected snowstorm...

We are anticipating that OFA and/or Dutchess County Government operations may be affected by the severe winter storm that's forecasted from Sunday through Monday. Storm information will be posted on both Dutchess County Government and OFA social media. That's

www.facebook.com/DutchessCoGov and

www.facebook.com/DutchessCountyOFA, if you'd like to share those pages with friends and family.

Our Home Delivered Meals clients are receiving shelf-stable meals in advance of the storm. All OFA Friendship Centers are closed on Monday in anticipation of the storm.

Besides following OFA on Facebook, also [follow Dutchess County Emergency Management](#) for localized storm preparedness information. And if you have a mobile device, add the “Ready Dutchess” app.

Looking for even more information? Visit www.dutchessny.gov/ofaprintable for a printable winter checklist, snow clearing safety tips, and our “Walk Like a Penguin” winter-walking flyer.

(And now, our regularly scheduled “Aging News”)

How Much Medication Is Too Much?

Your regular doctor prescribes medications A, B and C. Other specialists prescribe medications D, E, F and G. Maybe you've visited a nutritionist who adds their own thoughts on diet and supplements.

Are you having trouble keeping track of what to take, when, and whether they'll interact badly with each other?

The Wall Street Journal last month looked at the phenomenon of "polypharmacy," or the prescription of so many different medications that the risk of adverse interactions outweighs the original benefit of the medications.

According to the Journal's analysis of Medicare drug-benefit data, one in six older American adults is prescribed eight or more drugs at the same time. Over 3.5 million were getting at least one medication that older patients should generally avoid, in the view of the American Geriatrics Society (AGS).

January is a good time to take annual stock of what drugs you're taking, what conditions they're prescribed for, and their dosage levels.

What Could Go Wrong? Lots

Having a list of medications, either written or digital, will help you and your doctors spot red flags like duplicate doses of the same medication. This can

become an issue for those of us whose prescriptions are on auto-refill from a mail-order pharmacy. The convenience of skipping the trip to the pharmacy may have the unintended consequence of too much medication being delivered too soon.

The Beers Criteria And You

AGS publishes a clinical resource of medications that are potentially best avoided by older adults in many circumstances or in specific situations. It's called the Beers Criteria; your physicians are likely familiar with it.

What can go wrong? Here's one example from the Beers guidelines: taking too many drugs that act on the central nervous system. Those can include both prescription medications as well as over-the-counter medicines like Benadryl. If this sounds like your situation, visit **acbcalc.com** for an online calculator of which medications can cause adverse effects when combined. You can visit **drugs.com** as well for a "drug interaction checker."

Avoiding the Medication Cascade

The Journal presented the example of a man with dementia who was taking blood pressure medication that caused him swollen ankles. To deal with the swollen ankles, he was prescribed a diuretic. This in turn led to the need for a supplement to restore proper potassium levels. The supplement pills proved too large for the man to take, and...*enough*, said one of the man's doctors, who prescribed a different blood pressure medication without side effects.

Your Doctor Can't Help If You Don't Tell Them

Next time you visit your doctor with concerns about your medications, bring your list of medications. Bring the actual pill bottles, if need be, including over-the-counter medications. It may be that you do indeed need every single one of the medications you're taking - but if you don't speak up to the doctor, you'll never know for sure.

Ditch Medications You Don't Need

Visit **dutchessny.gov/ofaprintable** for a list of safe medication disposal sites near you.

“SENIOR PARK PALETTE” RETURNS

(NEW DATE/TIME FOR RED HOOK)

OFA and Dutchess County Parks are presenting the 2026 series of “Senior Park Palette” classes for Dutchess County older adults (age 60+). Dutchess County residents over 60 can sign up for one of the following free classes:

Tuesday, February 10th, 2:30-3:45 pm – Poughkeepsie Friendship Center,
114 Delafield St.

Tuesday, February 17th, 2:30-3:45 pm – Millerton Friendship Center, 28
Century Blvd. (Library Annex)

Tuesday, March 10th, 2:00-3:15 pm – Red Hook Friendship Center, 59 Fisk St. (Red Hook Community Center)

Tuesday, March 24th, 2:30-3:45 pm – East Fishkill Friendship Center, 890 NY 82, Hopewell Junction (East Fishkill Community Center)

All supplies are provided. Class size is limited to 12.

Please sign up by contacting OFA during business hours at 845-486-2555.

We cannot accept reservation requests made by voice mail, email or text message.

SIGN UP FOR ALZHEIMER'S MINI CONFERENCE (Wed 3/18)

Join the Alzheimer's Association, the Office for the Aging, Sun River Health and community partners for a mini-conference and listening session on Alzheimer's disease, dementia and memory loss:

Wednesday, March 18th, 9:30-11:30am

Millerton-NorthEast Library Annex (OFA Friendship Center)

28 Century Blvd., Millerton

It's essential learning for older adults and caregivers of all ages. Sign up by calling OFA at 845-486-2555 or emailing ofa@dutchessny.gov.

Light refreshments will be provided. The event is supported in part by grants from the New York State Department of Health.

SUBSTITUTE OFA FRIENDSHIP CENTER MANAGERS WANTED

The Office for the Aging is looking for candidates for Substitute Site Manager positions at our eight OFA Friendship Centers.

Friendship Centers are in Poughkeepsie, Beacon, Hopewell Junction, Millerton, Pawling, Pleasant Valley, Red Hook, and Wassaic (South Amenia). Whether an applicant can help at only certain sites or all eight, we'd like to hear from them.

A typical day for a substitute site manager covers any weekday, from 8:30am-2:30 pm, and includes coordinating with OFA's nutrition coordinator, senior site manager, friendship center staff and volunteers. A background check is required.

Interested? Send an email, with an attached résumé, to ofa@dutchessny.gov; or contact Janet Nuccilli at OFA, during business hours at 845-486-2555.

For more information on OFA's Home Delivered Meals and Friendship Center services, visit www.dutchessny.gov/ofanutrition.

Other news:

If you have business coming up with the New York State Department of Motor Vehicles, keep in mind that [all DMV operations will be shut down for a systemwide update in February](#), starting on the afternoon of Friday the 13th, with reopening scheduled for the following Wednesday, February 18th. This includes in-person, phone and online operations.

The extent of loneliness and social isolation in the US is concerning enough; but in China, an app called (seriously) [Are You Dead](#) has gone viral. The idea is that users check in once a day, with emergency contacts notified if they don't.

[What is metabolic health?](#) And why does it matter to us?

New Yorkers who use SNAP/EBT benefit cards may get a much-needed card security boost, as [state leaders consider adding “chip” technology](#) to cards.

This week’s birthdays:

1/30: Singer/songwriter/drummer [Phil Collins](#) (75)

1/31: Baseball Hall-of-Famer [Nolan Ryan](#) (79)

2/1: Actor/comedian [Garrett Morris](#) (89)

2/2: Singer/songwriter [Graham Nash](#) (The Hollies / Crosby, Stills, Nash and Young) (84)

2/3: Actor/comedian [Nathan Lane](#) (70)

2/4: Former vice president [Dan Quayle](#) (79)

2/5: Actress/director [Laura Linney](#) (62)

**Might be a long weekend what with the snow coming, so here's a bunch of
Bad Jokes about snowmen to make it just a little longer. Warning: Once
you start telling Bad Jokes during snowstorms, it can be a slippery slope,
so...**

What do snowmen call their kids? *Chill-dren.*

What's a snowman's favorite snack? *Ice Krispies treats.*

Where do snowmen put their money? *Snowbanks.*

Where do snowmen like to dance and mingle? *At a snow ball.*

What do you get when you cross a snowman with a vampire? *Frostbite.*

What do you call a snowman in springtime? *A puddle.*